FORNO
Alta Qualita

Over the Range microwave

MODEL NUMBER SERIES:
FOTR3080-30

INSTRUCTION MANUAL & INSTALLATION GUIDE

Read these instructions carefully before using your appliance, and keep it carefully.
If you follow the instructions, your appliance will provide you with many years of good service.
SAVE THESE INSTRUCTIONS CAREFULLY

TABLE OF CONTENTS

Customer Care

Thank you for purchasing a Frono product. Please read the entire instruction manual before operating your new appliance for the first time. Whether you are an occasional user or an expert, it will be beneficial to familiarize yourself with the safety practices, features, operation and care recommendations of your appliance.

Both the model and serial number are listed inside the product. For warranty purposes, you will also need the date of purchase .

Product Information

Model Number : _____

Serial Number : _____

Date of Purchase :_____

Purchase Address And Phone : _____

_____

_____

Service Information

Use these numbers in any correspondence or services calls concerning your product.

If you received a damaged product, immediately contact Forno.

To save time and money, before you call for serviced, check the troubleshooting guide. It listed the causes of minor operation problems that you can correct yourself.

"Need some quick help? Simply scan the qr code and get access to our fast support form. We're always here to assist you with any questions or concerns you may have. So, don't hesitate to reach out!"

Services in Canada and Untied States
Keep the instruction manual handy to answer your questions. If you don't understand something or need more assistance, please visit our website for fast support. Please provide us your name, number, address,serial number of the product that troubleshooting, proof of purchase, and a short description of the issue. A customer service representative will contact you as soon as possible. All warranty work needs to be authorized by FORNO customer service. All our authorized service providers are carefully selected and rigorously trained by us.

WARNING
FOR YOUR SAFETY

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages

 This is the safety alert symbol. This symbol alerts you to potential hazards that can kill or hurt you and others. Al l safety messages will follow the safety alert symbol and either the word "DANGER," "WARNING" or "CAUTION." These words mean:

 DANGER • You can be killed or seriously injured if you don't immediately follow instructions.

 WARNING • You can be killed or seriously injured if you don't follow instructions.

 CAUTION • A potentially hazardous situation which, if not avoided, could result in minor or moderate injury.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

 WARNING : This product can expose you to chemicals including [Lead and lead compound, which is [are] known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to **www.P65Warning.ca.gov.**

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do not attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy.
It is important not to defeat or tamper with the safety interlocks.
(b) Do not place any object between the oven front face and the door or allows soil or cleaner residue to accumulate on sealing surfaces.
(c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
(1) DOOR (bent)
(2) HINGES AND LATCHES (broken or loosened)
(3) DOOR SEALS AND SEALING SURFACES
(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

SPECIFICATIONS

Model	FOTR3080-30
Rated Voltage	120 VAC,60 Hz
Microwave Input	1500 W
Microwave Output	1000 W

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances basic safety precautions should be followed, including the following:
WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:
1. Read all instructions before using the appliance.
2. Read and follow the specific: " PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY " found on page 6.
3. This appliance must be grounded. Connect only to properly grounded outlet. See " GROUNDING INSTRUCTIONS " found on page 8.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers - for example, closed glass jars - are able to explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
7. HOT CONTENTS CAN CAUSE SEVERE BURNS. DO NOT ALLOW CHILDREN TO USE THE MICROWAVE.
Use caution when removing hot items.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair, or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store this appliance outdoors. Do not use this product near water - for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar location.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surface.
14. Do not let cord hang over edge of table or counter.

15. When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps, or detergent applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
    1). Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
    2). Remove wire twist-ties from paper or plastic bag before placing bag in oven.
    3). If material inside of the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
    4). Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
17. Liquids, such as water, coffee, or tea are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUID SUDDENLY BOILING OVER WHEN
    THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.
    To reduce the risk of injury to persons:
    1) Do not overheat the liquid.
    2) Stir the liquid both before and halfway through heating it.
    3) Do not use straight-sided containers with narrow necks.
    4) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
    5) Use extreme care when inserting a spoon or other utensil into the container.
18. Oversized food or oversized metal utensils should not be inserted in a microwave/toaster oven as they may create a fire or risk of electric shock.
19. Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving a risk of electric shock.
20. Do not use paper products when appliance is operated in the toaster mode.
21. Do not store any materials, other than manufacturer's recommended accessories, in this oven when not in use.
22. Do not cover racks or any other part of the oven with metal foil. This will cause overheating f the oven.
23. Clean Ventilation Hoods Frequently - Grease should not be allowed to accumulate on hood or filter.
24. When flaming foods under the hood, turn the fan on.
25. Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lyebased oven cleaners, may damage the filter.
26. Suitable for use above both gas and electric cooking equipment.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.
This appliance is equipped with a cord having a grounding wire with a grounding plug.
The plug must be plugged into an outlet that is properly installed and grounded.

WARNING - Improper use of the grounding can result in a risk of electric shock.
Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounded plug, and 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance.

DANGER - Electric Shock Hazard
Touching some of the internal components can cause serious personal injury or death.
Do not disassemble this appliance.

WARNING - Electric Shock Hazard
Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.
1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used:
   1) The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
2) The extension cord must be a grounding-type 3-wire cord.
3) The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

RADIO INTERFERENCE

1. Operation of the microwave oven may cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
   1) Clean door and sealing surface of the oven
   2) Reorient the receiving antenna of radio or television.
   3) Relocate the microwave oven with respect to the receiver.
   4) Move the microwave oven away from the receiver.
   5) Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

This device complies with part 18 of the FCC Rules.

UTENSILS

CAUTION - Personal Injury Hazard
Tightly-closed utensils could explode. Closed containers should be opened and plastic pouches should be pierced before cooking.
See the instructions on "Materials you can use in microwave oven or to be avoided in microwave oven."
There may be certain non-metallic utensils that are not safe to use for microwaving.
If in doubt, you can test the utensil in question following the procedure below.

Utensil Test:
1. Fill a microwave-safe container with 1 cup of cold water (250ml) along with the utensil in question.
2. Cook on maximum power for 1 minute.
3. Carefully feel the utensil. If the empty utensil is warm, do not use it for microwave cooking.
4. Do not exceed 1 minute cooking time.
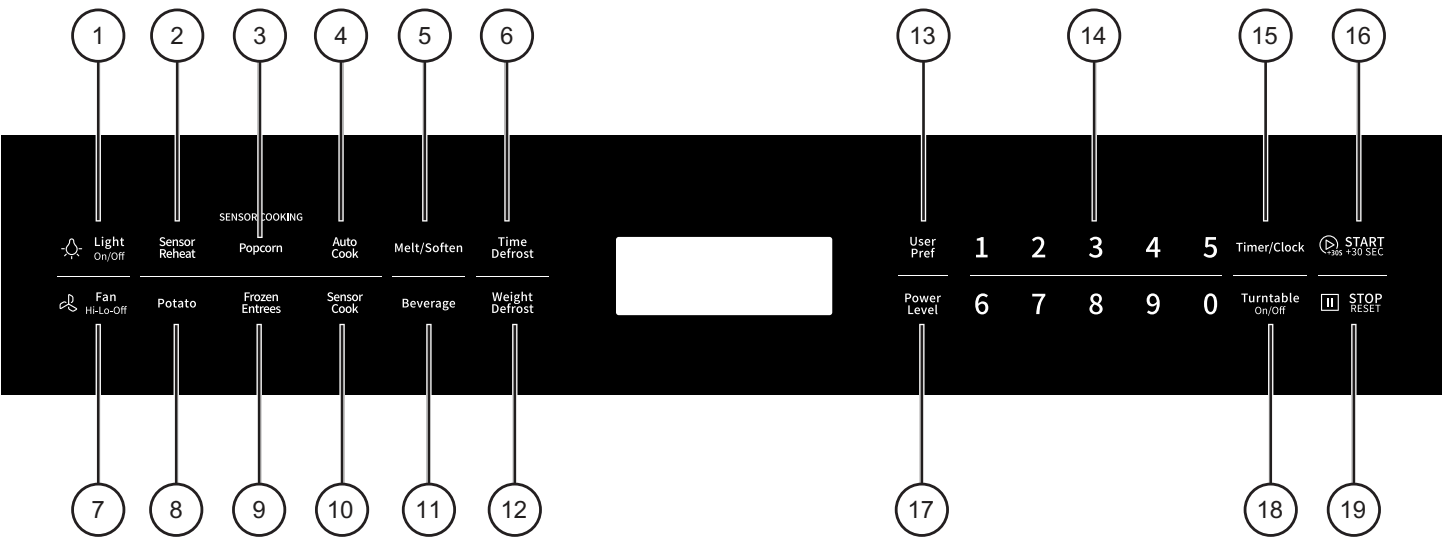
Materials you can use in microwave oven

Utensils	Remarks
Browning dish	Follow manufacturer* instructions. The bottom of browning dish must be at least 3/16 inch (5mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer* instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer* instructions. Should be labeled "Microwave Safe". Some plastic containers soften, as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and retain moisture.

UTENSILS (continued)

Materials to be avoided in microwave oven

Utensils	Remarks
Aluminum tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

CONTROL PANEL

1	Light On/Off
2	Sensor Reheat
3	Popcorn
4	Auto Cook
5	Melt/Soften
6	Time Defrost
7	Fan Hi-Lo-Off
8	Potato
9	Frozen Entrees
10	Sensor Cook
11	Beverage
12	Weight Defrost
13	User Pref
14	Number keys
15	Timer/Clock
16	START/+30SEC
17	Power Level
18	Turntable On/Off
19	STOP RESET

Setting the Clock

In standby mode.
• In intitial power up state,if the clock has not been set, suppose you want to set the current time to 10:59.

Touch:	Display Shows:
1. Timer/Clock X2	*ENTER TIME 12:00*
2. ① ⓪ ⑤ ⑨	*10:59* PRESS START
3. START+30SEC	*10:59*

Setting Kitchen Timer

The maximum value of timer is 99:99.
In standby or cooking mode.
• Suppose you want to set for three minutes.

Touch:	Display Shows:
1. Timer/Clock X1	TIMER *ENTER TIME*
2. ① ⓪ ⑤ ⑨	TIMER *3:00* PRESS START
3. START+30SEC	TIMER *3:00* Time counting down

NOTE
There is not any other program during kitchen timer.

Microwave

In standby,clock or timer mode.
• Suppose you want to cook for 2 minutes at 90% power.

Touch:	Display Shows:
1. ②⓪⓪	*MICRO* 2:00 *PRESS START*
2. Power Level X1	PL-HI *PRESS START*
3. Power Level X1 or ⑨	PL-90 *PRESS START*
4. START+30SEC	*MICRO* 2:00 *COOK*

Time counting down

POWER CHART

PRESS	POWER LEVEL	DISPLAY
POWER LEVEL x 1	100%	PL-HI
POWER LEVEL x 2 or 9	90%	PL-90
POWER LEVEL x 3 or 8	80%	PL-80
POWER LEVEL x 4 or 7	70%	PL-70
POWER LEVEL x 5 or 6	60%	PL-60
POWER LEVEL x 6 or 5	50%	PL-50
POWER LEVEL x 7 or 4	40%	PL-40
POWER LEVEL x 8 or 3	30%	PL-30
POWER LEVEL x 9 or 2	20%	PL-20
POWER LEVEL x 10 or 1	10%	PL-10
POWER LEVEL x 11 or 0	0%	PL-0

OPERATION (continued)

Popcorn

In standby,clock mode.
• Suppose you want to cook 3.0 oz. popcorn.

Touch:	Display Shows:
1. Popcorn X2	PRESS AGAIN FOR OPTIONS/PRESS START *3.0* oz
2. START+30SEC	Time counting down (3 seconds later)

Press popcorn pad	Amount
X1	3.3 oz.
X2	3.0 oz.

Potato

In standby,clock or timer mode.

Touch:	Display Shows:
1. Potato	PRESS START *POTATO* SENSOR
2. START+30SEC	*POTATO* SENSOR COOK

Sensor Cook

The weight of these menus cannot be adjust.
In standby,clock or timer mode.
• Suppose you want to cook the frozen veggies.

Touch:	Display Shows:
1. Sensor Cook X1	PRESS AGAIN FOR OPTIONS/ PRESS START *FROZEN* SENSOR PRESS AGAIN FOR OPTIONS/ PRESS START *VEGGIES* SENSOR
2. START+30SEC	*FROZEN* SENSOR COOK *VEGGIES* SENSOR COOK

Press Sensor Cook	Food	Amount
X1	Frozen Veggies	7-20 OZ
X2	Fresh Veggiest	7-20 OZ
X3	Chicken	7-18 OZ
X4	Fish	7-18 OZ
X5	Frozen Pizza	6-12 OZ
X6	Frozen Lasagna	6-32 OZ
X7	Oatmeal	/
X8	Omelet	2-4 Eggs
X9	Soup	1-2 cups(250ml/cup)

Beverage

In standby or clock mode.
• Suppose you want to cook 2 cups of beverage.

Touch:	Display Shows:
1. Beverage X2	PRESS AGAIN FOR OPTIONS/ PRESS START *2 CUPS*
2. START+30SEC	Time counting down COOK (3 seconds later)

Sensor Reheat

The weight of these menus cannot be adjust; (Dinner Plate,Soup / Sauce,Casserole / Lasagna)
In standby or clock mode.
• Suppose you want to cook the soup sauce .

Touch:	Display Shows:
1. Sensor Reheat X2	PRESS AGAIN FOR OPTIONS/ PRESS START *SOUP* SENSOR PRESS AGAIN FOR OPTIONS/ PRESS START *SAUCE* SENSOR
2. START+30SEC	*SOUP* SENSOR COOK *SAUCE* SENSOR COOK

Press Sensor Reheat	Food	Amount
X1	Dinner Plate	1-2 plates
X2	Soup / Sauce	1-2 cups
X3	Casserole / Lasagna	10.5 oz

Melt/Soften

In standby,clock or timer mode.
• Suppose you want to melt 2 sticks of Butter.

Touch:	Display Shows:
1. Melt/Soften X1	PRESS AGAIN FOR OPTIONS/ PRESS START *MELT* PRESS AGAIN FOR OPTIONS/ PRESS START *BUTTER*

2. START+30SEC	ENTER 1-2 STK
3. ②	PRESS START 2 STICK
4. START+30SEC	Time counting down (2 seconds later)

Press Melt Soften pad	Food	Amount
X1	Melt Butter	1/2 stick
X2	Melt Chocolate	2/4/8 oz
X3	Soften Ice Cream	Pint/1.5 Quart
X4	Soften Cream Cheese	3/8 oz

Auto cook

The weight of these menu can be set.
Scrambled Eggs,Hot Cereal,Frozen Pizza.
• Suppose you want to cook 2 scrambled eggs.

Touch:	Display Shows:
1. Auto Cook X1	PRESS AGAIN FOR OPTIONS/ PRESS START SCRAMBL PRESS AGAIN FOR OPTIONS/ PRESS START ED EGGS
2. START+30SEC	1 - 6
3. ②	PRESS START 2
4. START+30SEC	Time counting down (2 seconds later)

The weight of these menu cannot be set.
Fudge Brownies,Garlic Shrimp,Stuffed Mushrooms, Asiago Red Potatoes,Roasted Vegetable Medley, Lemon Shrimp Risotto.
• Suppose you want to cook the fudge brownies.

Touch:	Display Shows:
1. Auto Cook X4	PRESS AGAIN FOR OPTIONS/ PRESS START FUDGE PRESS AGAIN FOR OPTIONS/ PRESS START BROWNIE PRESS AGAIN FOR OPTIONS/ PRESS START S
2. START+30SEC	Time counting down (2 seconds later)

Press auto cook	Food	Amount
X1	Scrambled Eggs	1-6 Eggs
X2	Hot Cereal	1-3 Servings
X3	Frozen Pizza	6Oz, 8Oz, 12Oz
X4	Fudge Brownies	Per Recipe
X5	Garlic Shrimp	Per Recipe
X6	Stuffed Mushrooms	Per Recipe
X7	Asiago Red Potatoes	Per Recipe
X8	Roasted Vegetable Medley	Per Recipe
X9	Lemon Shrimp Risotto	Per Recipe

Frozen Entrees

In standby,clock or timer mode.

Touch:	Display Shows:
1. Frozen Entrees X1	PRESS AGAIN FOR OPTIONS/ PRESS START $FROZEN$ SENSOR PRESS AGAIN FOR OPTIONS/ PRESS START $ENTREES$ SENSOR
2. START+30SEC	$FROZEN$ SENSOR COOK $ENTREES$ SENSOR COOK

Weight Defrost

In standby,clock or timer mode.
• Suppose you want to set the defrost weight for 1.2 lb.

Touch:	Display Shows:
1. Weight Defrost	DEFR. $ENTER$ DEFR. $WEIGHT$ lb
2. ① ②	PRESS START DEFR. 1.2 lb
3. START+30SEC	Time counting down (2 seconds later)

NOTE
The vaild range of the weight is 0.1~6.0 lb.

OPERATION (continued)

Time Defrost

In standby,clock or timer mode.
• Suppose you want to set the defrost time for 2 minutes.

Touch:	Display Shows:
1. Time Defrost	DEFR. *ENTER* DEFR. *TIME*
2. ② ⓪ ⓪	PRESS START DEFR. *2:00*
3. START+30SEC	DEFR. *2:00* COOK Time counting down (2 seconds later)

Sp eed Cooking

Note:If the oven door didn't be opened and closed or the time of door closed was more than 5 minutes once the oven firstly plugged into outlet, "FOOD" will appear, so you can open then close the door firstly before operate the oven.

1-9 PAD
In standby or clock/timer mode, press number pads "1-9" to start cooking with 1-9 minutes for 100% power level directly. For example, cooking with 6 minutes for 100% power level.

Touch:	Display Shows:
1. ①	PRESS START : *6*
2. After 2 seconds	*6:00* COOK Time counting down

"START/+30SEC"
In standby or timer mode, press "START/+30SEC" to start cooking with 100% power level for 30 seconds,each press on it could increase the time by 30 seconds,the maximum value is 99:99.

Child Lock

To enter locked state
In standby mode.

Touch:	Display Shows:
1. STOP RESET	*LOCKED* (3 seconds later)

After 2 seconds, the oven will return to standby mode, the locked icon will display.

To cancel locked state
In locked mode.

Touch:	Display Shows:
1. STOP RESET	UNLOCK (3 seconds later)

Vent Fan

The pad controls the 2-speed vent fan. If the vent fan is OFF rst touch of the vent pad will turn the fan on HIGH, second touch LOW and third touch OFF .

Touch:	Display Shows:
1. ⊹ X1	HIGH
2. ⊹ X1	LOW
3. ⊹ X1	OFF

Light

The pad controls the 2-lumina nce light. If the light is OFF, the first touch of the light pad will turn the light on HIGH, second touch LOW and third touch OFF.

Touch:	Display Shows:
1. 💡 X1	HIGH
2. 💡 X1	LOW
3. 💡 X1	OFF

Turntable ON/OFF

In turntable-on mode(the default mode is "on").

Touch:	Display Shows:
1. TURNTABLE on-off x1	OFF
2. TURNTABLE on-off x2	ON

NOTE
It cannot be set in menu function and defrost.

OPERATION (continued)

Inquring Function

If the clock or timer has been set, the corresponding time will display for 2 seconds by pressing "Timer/Clock" in the cooking state.

USER PREF

Key	Setting
User Pref x1	Volume Low/Med/High/Off
User Pref x2	Weight lb/kg
User Pref x3	Clock Display Off/On
User Pref x4	Demo Mode

Volume Low/Med/High/Off

In standby mode.
(the mode will be switched directly each 3 seconds)
For example, set the volume off:

Touch:	Display Shows:
	PRESS AGAIN FOR OPTIONS/ PRESS START *VOLUME* *LOW*
	PRESS AGAIN FOR OPTIONS/ PRESS START *VOLUME* *MED*
1. User Pref X1	
	PRESS AGAIN FOR OPTIONS/ PRESS START *VOLUME* *HIGH*
	PRESS AGAIN FOR OPTIONS/ PRESS START *VOLUME* *OFF*
2. START+30SEC	*OFF*

OPERATION (continued)

Weight (lbs / kg)

If the unit is "kg", switch to "Lb".
In standby mode:

Touch:	Display Shows:
1. User Pref X2	PRESS AGAIN FOR OPTIONS/ PRESS START Lb / KG
2. START+30SEC	Lb lb

NOTE
You can switch the unit to "KG" by operating step 1~2 again.

Clock Display Off/On

In "clock display on" mode, to set "clock display off".

Touch:	Display Shows:
1. User Pref X3	PRESS AGAIN FOR OPTIONS/ PRESS START CLOCK DISPLAY ON
2. START+30SEC	OFF

NOTE
You can set "clock display on" by operating step 1~2 again.

DEMO SETTING

In demo mode,the cooking function only can be set, it can't work practically.
In "demo off " mode, to set "demo on".

Touch:	Display Shows:
1. User Pref X4	PRESS AGAIN FOR OPTIONS/ PRESS START DEMO OFF
2. START+30SEC	ON

NOTE
You can set "demo off " by operating step 1~2 again.

MAINTENANCE

Troubleshooting

Check your problem by using the chart below and try the solutions for each problem.
If the microwave oven still does not work properly, contact the nearest authorized service center.

TROUBLE	POSSIBLE CAUSE	POSSIBLE REMEDY
Oven will not start	a. Electrical cord for oven is not plugged in. b. Door is open. c. Wrong operation is set.	a. Plug into the outlet. b.Close the door and try again. c. Check instructions.
Arcing or sparking	a. Materials to be avoided in microwave oven were used. b. The oven is operated when empty. c.Spilled food remains in the cavity.	a. Use microwave-safe cookware only. b. Do not operate with oven empty. c. Clean cavity with wet towel.
Unevenly cooked foods	a. Materials to be avoided in microwave oven were used. b. Food is not defrosted completely. c. Cooking time, power level is not suit ble. d. Food is not turned or stirred.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Use correct cooking time, power level. d. Turn or stir food.
Overcooked foods	Cooking time, power level is not suitable.	Use correct cooking time, power level.
Undercooked foods	a. Materials to be avoided in microwave oven were used. b. Food is not defrosted completely. c. Oven ventilation ports are restricted. d. Cooking time, power level is not suitable.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Check to see that oven ventilation ports are not restricted. d. Use correct cooking time, power level.
Improper defrosting	a. Materials to be avoided in microwave oven were used. b. Cooking time, power level is not suitable. c. Food is not turned or stirred.	a. Use microwave-safe cookware only. b. Use correct cooking time, power level. c. Turn or stir food.

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